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House Committee on Education

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Written Testimony on HB 5196 (H-1)

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The Michigan Fitness Foundation (MFF) supports the passage of House Bill 5196, which requires that public schools, grades K-5, shall provide at least 90 minutes of quality physical education instruction per week, all year, and an additional 60 minutes of physical activity per week, all year. HB 5169 also requires public schools, grades 6-8, to provide 45 minutes of physical education every school day for at least one semester. The MFF believes that the inclusion of quality physical education and required physical activity as part of public school curricula is essential to better academic achievement and improved public health.

Physical inactivity is a serious health risk for Michigan children and adolescents. According to the National Youth Risk Behavior Surveillance Survey of high school students, 73% percent of Michigan high school students do NOT meet national physical activity guidelines. Nearly 15% of Michigan high school youth reported NO physical activity at all on the previous 7 days. Moreover, physical activity patterns often carry over into adult years. Evidence is strong and consistent that physical inactivity is associated with serious, life threatening chronic illnesses such as diabetes, heart problems, and some cancers, to name a few. In addition to human suffering, economic costs are staggering.

A 2003 Michigan Fitness Foundation research report estimated that in Michigan over \$8 billion of annual health costs and lost productivity can be attributed to physical inactivity.

Research also shows that increases in physical education time have either IMPROVED test scores or had a neutral effect on test scores in schools that increase physical education time.

Today's physical education is not the gym class that we, or our parents experienced. It requires quality curriculums tailored to the way children learn in the 21st century. From the 2012 *Physical Activity Guidelines for*

Americans Midcourse Report: Evidence is sufficient that enhanced physical education (PE) can increase overall physical activity among youth and can increase physical activity time during PE class. Effective strategies include:

- Developing and implementing a well-designed PE curriculum.
- Enhancing instructional practices to provide substantial moderate-to-vigorous physical activity.
- Providing teachers with appropriate training.

The goal of quality physical education -- such as the type just described -- and one of the core elements of the MFF mission is to facilitate the achievement of physical literacy. What is physical literacy? Physical literacy is the confidence, competence and motivation to be physically active across a person's entire life.

From the 2013 Institute of Medicine's Report *Educating the Student Body: Taking Physical Activity and Physical Education to School*, "across the school-day, multi-component programs to provide adequate time, professional expertise, and effective programs are needed." From the *American Guidelines for Physical Activity Midcourse Report*: "Evidence is sufficient that multi-component school-based interventions can increase physical activity during school hours among youth. Effective strategies include:

- Providing enhanced PE
- Providing classroom activity breaks
- Providing physical activity before and or after school including active transportation
- Building behavioral skills
- Providing after-school activity space and equipment

The MFF is poised to continue its role in advancing effective physical education and physical activity opportunities for Michigan students. For more than a decade, Michigan and the MFF have been national leaders in developing outcomes-focused physical education curriculums and activity interventions that promote lifetime physical literacy and physical activity in and out of school. Those efforts include:

- MFF's Exemplary Physical Education Curriculum (EPEC), a nationally utilized and award-winning model developed at the MFF in cooperation with Michigan university, college, and school partners.
- MFF's Fit Bits, short classroom physical activity breaks that provide movement opportunities and reinforcing education content.



The MFF knows that well-designed, quality Physical Education in and of itself increases physical activity among youth, and we believe such curricula should be widely implemented in schools. We believe children need a strong, consistent message that there IS time for physical education and physical activity, and that schools should schedule time to move, every day. It is also important to recognize that there are many different ways to be physically active in our communities and state, and to acknowledge that learners need to experience quality physical education on a regular basis across their K-12 career. Students need to experience how important physical activity is to their health and school success. Children also need physical literacy for life – just as they need reading and math competency for life.

The Michigan Fitness Foundation believes House Bill 5196 will help schools provide physical education opportunities that are the foundation for a lifetime of student achievement, physical literacy and better health -- creating physical activity opportunities throughout the school day and ensuring students more time to develop the competence, confidence and motivation associated with physical activity outside of school.

Student success matters, and our children's health matters. The Michigan Fitness Foundation respectfully urges this committee to support House Bill 5169.

Thank you for your consideration.

